



## Over-the-Moon Banana Pudding

 Gluten Free

READY IN



45 min.

SERVINGS



15

CALORIES



216 kcal

DESSERT

### Ingredients

- 3 banana sliced
- 2.8 ounce chocolate cut into eighths
- 4 cups milk
- 8 ounce cream sour
- 9.2 ounce vanilla pudding
- 8 ounce non-dairy whipped topping frozen thawed

### Equipment

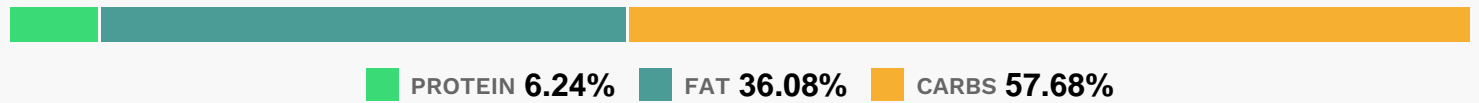
- frying pan

- sauce pan
- whisk
- baking pan

## Directions

- Cook pudding mix and 4 cups milk in a saucepan according to package directions.
- Remove pan from heat; let stand 10 minutes.
- Whisk in sour cream; let stand until pudding thickens.
- Pour half of pudding into a 2-quart baking dish.
- Layer about 40 chocolate-marshmallow sandwich wedges evenly over pudding. Top evenly with banana slices and remaining half of pudding. Top with whipped topping. Arrange remaining sandwich wedges around outer edge of dish. Cover and chill at least 2 hours or overnight.
- Note: For testing purposes only, we used Moon Pies for chocolate-marshmallow sandwiches.

## Nutrition Facts



## Properties

Glycemic Index:9.03, Glycemic Load:4.98, Inflammation Score:-2, Nutrition Score:4.4021739026775%

## Flavonoids

Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 216.1kcal (10.8%), Fat: 8.92g (13.72%), Saturated Fat: 5.53g (34.57%), Carbohydrates: 32.08g (10.69%), Net Carbohydrates: 31.08g (11.3%), Sugar: 26.56g (29.52%), Cholesterol: 17.03mg (5.68%), Sodium: 151.78mg (6.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.43mg (1.14%), Protein: 3.47g (6.94%), Calcium: 109.33mg (10.93%), Phosphorus: 101.58mg (10.16%), Vitamin B2: 0.16mg (9.46%), Vitamin B12: 0.41µg (6.89%), Vitamin B6: 0.14mg (6.89%), Potassium: 234.81mg (6.71%), Magnesium: 22.62mg (5.66%), Vitamin D: 0.72µg (4.77%), Manganese: 0.1mg (4.75%), Vitamin A: 225.9IU (4.52%), Fiber: 1g (4.02%), Selenium: 2.7µg (3.85%), Vitamin B5: 0.38mg (3.76%), Vitamin B1: 0.05mg (3.39%), Zinc: 0.45mg (2.99%), Copper: 0.06mg (2.84%), Vitamin C: 2.19mg (2.65%), Folate: 6.24µg (1.56%), Vitamin B3: 0.29mg (1.45%), Iron: 0.24mg (1.36%), Vitamin E: 0.2mg (1.35%),

Vitamin K: 1.35µg (1.29%)